

**AMENDMENTS TO THE CLAIMS:**

**This listing of claims will replace all prior versions and listings of claims in this application.**

1-5. (Cancelled).

6. (New) A vaginal exercise device adapted to be inserted into a user's vagina to allow the user to perform vaginal muscle exercises, comprising:

an elastic hollow tube (1) adapted to be inserted into a female user's vagina so that the user can exercise her vaginal muscles by compressing part of the elastic hollow tube (1);

wherein the elastic hollow tube (1) comprises two internal chambers inside the hollow tube that are connected by at least one damping hole, such that the hollow tube is configured to offer resilient resistance to the user's vaginal compression when fluid in the tube is forced, by the user's vaginal compression, from a first one of the internal chambers, through the damping hole, into a second one of the internal chambers.

7. (New) A vaginal exercise device according to claim 6, further comprising:

a lid (7) that is joined to an inner surface of the hollow tube (1) so as to form a sealed chamber within which the fluid is sealed;

wherein

the sealed chamber has a partition component (4) having a peripheral surface that is attached to an inner surface of the sealed chamber,

the partition component (4) divides the sealed chamber into two sealed chamber portions, and

the partition component (4) comprises at least one damping hole which connects the two sealed chamber portions.

8. (New) A vaginal exercise device according to claim 7, wherein the sealed chamber comprises a brace (2) that is attached to the partition component (4) in a center hole of the partition component to form a rotatable structure, the partition component (4) being provided with a resistance control (5) that is fixed on the brace (2), and the resistance control element (5) and the partition component (4) having a closely touching interface.

9. (New) A vaginal exercise device according to claim 7, wherein the partition component comprises at least one hole, with a damping element (10) adapted to be inserted into said hole, the damping element (10) comprising at least one damping hole, and wherein the partition component (4) and the damping element (10) have a cone-shaped interface.

10. (New) A vaginal exercise device according to claim 8, wherein the partition component comprises at least one hole, with a damping element (10) adapted to be inserted into said hole, the damping element (10) comprising at least one damping hole, and wherein the partition component (4) and the damping element (10) have a cone-shaped interface.

11. (New) A vaginal exercise device according to claim 6, wherein there are elastic parts formed from at least two semi-ellipses in said tube (1), and each of said semi-ellipses joins with another of said semi-ellipses at ends of said semi-ellipses, whereby resistance is provided by said semi-ellipses against vaginal compression by the user.

12. (New) A vaginal exercise device according to claim 6, wherein the device is provided with a resistance control element (5) which allows the user to vary the amount of resistance offered by the hollow tube (1).